



## Department of Parks and Recreation Winter 2018

The mission of the Department of Parks and Recreation is to promote a healthier life-style and enhance the quality of life of Huntington Park residents by creating affordable, accessible and equitable recreational opportunities through innovative programming and services.

### UPCOMING EVENTS

#### HEALTH AND EDUCATION EXPO!

Join the Department of Parks and Recreation on celebrating Day of the Child at our Health and Education Expo! Stop by for a chance to participate in raffles, fitness demonstrations, cooking demonstrations, and so much more. The event will take place at the Department of Parks and Recreation located at 3401 E. Florence Ave on Saturday, April 28, 2018 from 8am –12pm.

For more information, please contact the Parks and Recreation Center at 323-584-6218 or visit [www.hpca.gov](http://www.hpca.gov).

#### SPLASH PADS

**Salt Lake Park:** Salt Lake Park's Splash pad opens on Saturday, May 26th through Monday, September 3rd.

Days: Thursday - Sunday

Time: 12pm - 6pm\*

**Freedom Park:** Freedom Park opens on Saturday, May 26th through Monday, September 3rd.

Days: Thursday - Sunday

Time: 2pm - 5pm

\*Dates and hours of operation are subject to change

#### MEMORIAL DAY

The City of Huntington Park will be hosting its annual Memorial Day Ceremony in May. The event will take place at the Huntington Park Community Center located at 6923 Salt Lake Avenue. City officials will be partake in the special event ceremony to remember and honor military personnel who passed in the service of our country. Free refreshments will be provided by City of Huntington Park. For more information, please contact the Parks and Recreation Center at 323-584-6218 or visit [www.hpca.gov](http://www.hpca.gov).



### SUPPORT YOUR LOCAL FARMERS' MARKET

Make a healthy choice, grab your market basket and visit the Huntington Park Farmers' Market at Salt Lake Park. The farmers market provides residents access to healthy organic options which complement the City's efforts to become a healthier Huntington Park. This weekly market is open every Wednesday (rain or shine) from 8:30 am to 1:30 pm.

#### Products available include:

-Bee Products	-Baked Goods	-Processed Nuts
-Fruit/Veggie Juices	-Beverages	-Processed Seeds
-Fruit Jellies	-Cakes	-Roasted Corn
-Fruit Juices	-Cookies	-Shaved Ice
-Fruits	-Crepes	-Sprouts
-Herbs	-Fruit Cups	-Vegetables
-Mushrooms	-Spreads	-Wheatgrass Juice
-Nuts	-Granola	-Salvadoran Foods
-Plants	-Kettle Corn	-Mexican Foods

#### TINY TOTS

The City of Huntington Park's Tiny Tot program is geared for preschool aged children and is designed to build self-esteem, develop socialization skills, develop a sense of independence, assist children in learning how to play and share with others, assist children in learning how to express through arts & craft, music and dance activities, develop a basic understanding of shapes, colors, numbers and the alphabet, expand their vocabulary and listening skills, and foster a positive attitude towards school. A birth certificate and TB test are required for registration. All participants must be potty-trained and able to eat on their own.

Registrations begins December 7, 2017 for returning participants only.

Fee:	Age:	Days:	Time:	Session Dates:
\$85	4	Tue & Thu	10:45am-12:45pm	1/09/18 to 3/15/18

## RECREATION CLASSES

*Class availability, dates, and times are subject to change. For more information please contact the Recreation Center at (323) 584-6218.*

### FITNESS & WELLNESS

#### Zumba

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility. Take the "work" out of workout with this fun class by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning, dance fitness party.

**Fee:** \$35 **Instructor:** Norma Urena

**Location:** Salt Lake Park Mat Room (3401 E. Florence Ave.)

1/9/18 to 2/1/18	Tue - Thurs	6:30pm - 7:30pm	12 classes	Ages: 12+
2/13/18 to 3/8/18	Tue - Thurs	6:30pm - 7:30pm	12 classes	Ages: 12+
3/20/18 to 4/12/18	Tue - Thurs	6:30pm - 7:30pm	12 classes	Ages: 12+
4/24/18 to 5/17/18	Tue - Thurs	6:30pm - 7:30pm	12 classes	Ages: 12+

#### Aerobic Body Toning

Aerobic Body Toning offers a well-balanced and complete workout that will help you improve your cardiovascular fitness coordination and burn calories by learning a choreographed routine to the latest music.

**Fee:** \$28 **Instructor:** Estela Ramirez

**Location:** Salt Lake Park Social Hall (3401 E. Florence Ave.)

1/8/18 to 2/5/18	Mon - Thurs	8:30am - 9:30am	16 classes	Ages: 12+
2/12/18 to 3/12/18	Mon - Thurs	8:30am - 9:30am	16 classes	Ages: 12+
3/19/18 to 4/12/18	Mon - Thurs	8:30am - 9:30am	16 classes	Ages: 12+
4/23/18 to 5/17/18	Mon - Thurs	8:30am - 9:30am	16 classes	Ages: 12+

### TODDLER CLASSES

#### Creative Little Hands

This fun four-week program gives children the opportunity to develop their creativity through different arts and craft activities.

**Fee:** \$30 **Instructor:** Carla Torres

**Location:** Salt Lake Park Club Room #3 (3401 E. Florence Ave.)

1/12/18 to 2/2/18	Friday	9:00am - 10:30am	4 classes	Ages: 3-5
2/16/18 to 3/9/18	Friday	9:00am - 10:30am	4 classes	Ages: 3-5
3/23/18 to 4/13/18	Friday	9:00am - 10:30am	4 classes	Ages: 3-5
4/27/18 to 5/18/18	Friday	9:00am - 10:30am	4 classes	Ages: 3-5

#### Start Right!

In this 10 week program, students will have the opportunity to practice the essential skills needed to begin the school year successfully. Participants will engage in learning different academic concepts and have the chance to interact with old friends and meet new ones as well.

**Fee:** \$115 **Instructor:** Carla Torres

**Location:** Salt Lake Park Club Room #3 (3401 E. Florence Ave.)

1/8/18 to 3/21/18	Mon & Wed	8:30am - 10:30am	20 classes	Ages: 3-5
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### How to Register

1. Fill out the Activity or League Registration Form. The form is available online at [www.hpca.gov](http://www.hpca.gov) or at the Salt Lake Park Recreation Center (3401 E. Florence Ave.).
2. Take the completed Activity/League Registration Form and payment to the Salt Lake Park Recreation Center.

NOTE: Fees are payable by Check, Money Order, Visa, or MasterCard only (no cash). Make payment to "City of Huntington Park".



### SPECIAL INTEREST

#### Ice Skating

Paramount Iceland's enthusiastic and dedicated coaching staff encourages skaters of all ages and all levels to have fun while learning the fundamentals of skating, gliding, turning, stopping....and a trick or two!

Skate rental is included in class fee. Students must wear a helmet.

**Fee:** \$55 **Instructor:** Iceland Staff

**Location:** Paramount Iceland (8041 Jackson St., Paramount, CA 90723)

1/13/18 to 2/3/18	Saturday	11:30am - 12:15pm	4 classes	Ages: 3 - 18
2/17/18 to 3/10/18	Saturday	11:30am - 12:15pm	4 classes	Ages: 3 - 18
3/24/18 to 4/14/18	Saturday	11:30am - 12:15pm	4 classes	Ages: 3 - 18
4/28/18 to 5/19/18	Saturday	11:30am - 12:15pm	4 classes	Ages: 3 - 18

#### Sewing & Auto Upholstery 101

Save money and dress in style by sewing your own clothes. Students will learn how to select patterns, fabrics, pattern layout, and construction. You can also learn auto upholstery, basic sewing, diamond tufting and how to sew pleats.

\$20 mandatory materials fee

**Fee:** \$60 **Instructor:** Cintia Valencia

**Location:** Salt Lake Park Club Room #1 (3401 E. Florence Ave.)

1/13/18 to 2/17/18	Saturday	10:00am - 1:00pm	6 classes	Ages: 12+
3/3/18 to 4/7/18	Saturday	10:00am - 1:00pm	6 classes	Ages: 12+
4/21/18 to 5/26/18	Saturday	10:00am - 1:00pm	6 classes	Ages: 12+

#### Nippon Kempo (Self Defense)

Nippon Kempo uses self-defense techniques in sticking, kicking, throwing, reverse-holds, and ground combat. Nippon Kempo is very similar to MMA/UFC martial arts where students will use body armor during training and competition tournaments. Students will also learn leadership skills, anti-bullying, health & wellness, and nutrition education.

\$40 mandatory uniform fee

**Fee:** \$40 **Instructor:** Manuel Prieto

**Location:** Perez Park Banquet Hall (6208 Alameda St.)

1/9/18 to 2/1/18	Tue & Thurs	6:00pm - 7:00pm	8 classes	Ages: 5+
2/13/18 to 3/8/18	Tue & Thurs	6:00pm - 7:00pm	8 classes	Ages: 5+
3/20/18 to 4/12/18	Tue & Thurs	6:00pm - 7:00pm	8 classes	Ages: 5+
4/24/18 to 5/17/18	Tue & Thurs	6:00pm - 7:00pm	8 classes	Ages: 5+
1/9/18 to 2/1/18	Tue & Thurs	7:00pm - 8:00pm	8 classes	Ages: 5+
2/13/18 to 3/8/18	Tue & Thurs	7:00pm - 8:00pm	8 classes	Ages: 5+
3/20/18 to 4/12/18	Tue & Thurs	7:00pm - 8:00pm	8 classes	Ages: 5+
4/24/18 to 5/17/18	Tue & Thurs	7:00pm - 8:00pm	8 classes	Ages: 5+



## RECREATION CLASSES



### Watercolor & Oil Painting

Learn the fundamentals of water color and oil painting in this fun class. Students will have the opportunity to cultivate artistic interest and expression. They will also have the chance to discover their artistic talents.

**Fee:** \$25

**Instructor:** Alicia Salazar

**Locations:** Salt Lake Park Club Room #1 (3401 E. Florence Ave.)

1/9/18 to 1/30/18	Tuesday	6:00pm - 7:00pm	6 classes	Ages: 7+
2/13/18 to 3/6/18	Tuesday	6:00pm - 7:00pm	6 classes	Ages: 7+
3/20/18 to 4/10/18	Tuesday	6:00pm - 7:00pm	6 classes	Ages: 7+
4/24/18 to 5/15/18	Tuesday	6:00pm - 7:00pm	6 classes	Ages: 7+



### Ballet

This creative movement class will introduce the basics of ballet techniques and terminology. Class includes learning body alignment, posture and flexibility.

**Participants must wear a leotard, leather ballet shoes, and hair in a bun.**

**Fee:** \$40

**Instructors:** Lucia Castillo (Thu), Yasmin Cruz (Sat)

**Location:** Salt Lake Park Club Room #4 (3401 E. Florence Ave.)

## DANCE

### Folklorico

Join the fun in Folklorico dance. Learn about Mexican culture through fun and enjoyable Folklorico dances that represent the different regions of Mexico. No previous experience necessary.

**Please speak with instructor regarding additional costs for shoes, attire, etc.**

**Fee:** \$35

**Instructor:** Aaron Cruz

**Location:** Salt Lake Park Club Room #4 (3401 E. Florence Ave.)

#### Monday Classes

Folklorico Beg.	1/8/18 to 2/26/18	4:30pm - 5:30pm	6 classes	Ages: 4 - 7
Folklorico Beg.	3/5/18 to 4/9/18	4:30pm - 5:30pm	6 classes	Ages: 4 - 7
Folklorico Beg.	4/16/18 to 5/21/18	4:30pm - 5:30pm	6 classes	Ages: 4 - 7
Folklorico Int.	1/8/18 to 2/26/18	5:30pm - 6:30pm	6 classes	Ages: 8 - 13
Folklorico Int.	3/5/18 to 4/9/18	5:30pm - 6:30pm	6 classes	Ages: 8 - 13
Folklorico Int.	4/16/18 to 5/21/18	5:30pm - 6:30pm	6 classes	Ages: 8 - 13
Folklorico Adv.	1/8/18 to 2/26/18	6:30pm - 7:30pm	6 classes	Ages: 14 - 18
Folklorico Adv.	3/5/18 to 4/9/18	6:30pm - 7:30pm	6 classes	Ages: 14 - 18
Folklorico Adv.	4/16/18 to 5/21/18	6:30pm - 7:30pm	6 classes	Ages: 14 - 18

#### Tuesday Classes

Folklorico Int.	1/9/18 to 2/13/18	5:30pm - 6:30pm	6 classes	Ages: 8 - 13
Folklorico Int.	02/27/18 to 4/3/18	5:30pm - 6:30pm	6 classes	Ages: 8 - 13
Folklorico Int.	4/17/18 to 5/22/18	5:30pm - 6:30pm	6 classes	Ages: 8 - 13
Folklorico Adv.	1/9/18 to 2/13/18	6:30pm - 7:30pm	6 classes	Ages: 14 - 18
Folklorico Adv.	02/27/18 to 4/3/18	6:30pm - 7:30pm	6 classes	Ages: 14 - 18
Folklorico Adv.	4/17/18 to 5/22/18	6:30pm - 7:30pm	6 classes	Ages: 14 - 18



#### Thursday Classes

Pre Ballet	1/11/18 to 2/15/18	4:15pm - 5:00pm	6 classes	Ages: 3 - 4
Pre Ballet	3/1/18 to 4/5/18	4:15pm - 5:00pm	6 classes	Ages: 3 - 4
Pre Ballet	4/19/18 to 5/24/18	4:15pm - 5:00pm	6 classes	Ages: 3 - 4
Kinder Ballet	1/11/18 to 2/15/18	5:00pm - 5:45pm	6 classes	Ages: 5 - 6
Kinder Ballet	3/1/18 to 4/5/18	5:00pm - 5:45pm	6 classes	Ages: 5 - 6
Kinder Ballet	4/19/18 to 5/24/18	5:00pm - 5:45pm	6 classes	Ages: 5 - 6
Beg Ballet	1/11/18 to 2/15/18	6:00pm - 6:45pm	6 classes	Ages: 7 - 12
Beg Ballet	3/1/18 to 4/5/18	6:00pm - 6:45pm	6 classes	Ages: 7 - 12
Beg Ballet	4/19/18 to 5/24/18	6:00pm - 6:45pm	6 classes	Ages: 7 - 12

#### Saturday Classes

Pre Ballet	1/13/18 to 2/17/18	12:00pm - 12:45pm	6 classes	Ages: 3.5 - 4
Pre Ballet	3/3/18 to 4/17/18	12:00pm - 12:45pm	6 classes	Ages: 3.5 - 4
Pre Ballet	4/21/18 to 5/26/18	12:00pm - 12:45pm	6 classes	Ages: 3.5 - 4
Kinder Ballet	1/13/18 to 2/17/18	11:00am - 11:45am	6 classes	Ages: 5 - 6
Kinder Ballet	3/3/18 to 4/17/18	11:00am - 11:45am	6 classes	Ages: 5 - 6
Kinder Ballet	4/21/18 to 5/26/18	11:00am - 11:45am	6 classes	Ages: 5 - 6
Beg Ballet	1/13/18 to 2/17/18	10:00am - 10:45am	6 classes	Ages: 7 - 11
Beg Ballet	3/3/18 to 4/17/18	10:00am - 10:45am	6 classes	Ages: 7 - 11
Beg Ballet	4/21/18 to 5/26/18	10:00am - 10:45am	6 classes	Ages: 7 - 11
Int Ballet	1/13/18 to 2/17/18	9:00am - 10:00am	6 classes	Ages: 9+
Int Ballet	3/3/18 to 4/17/18	9:00am - 10:00am	6 classes	Ages: 9+
Int Ballet	4/21/18 to 5/26/18	9:00am - 10:00am	6 classes	Ages: 9+

## How to Register

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2. Take the completed Activity/League Registration Form and payment to the Salt Lake Park Recreation Center.
3. NOTE: Fees are payable by Check, Money Order, Visa, or MasterCard only (no cash). Make payment to "City of Huntington Park".



## SPORTS

*Sports availability, dates, and times are subject to change. For more information please contact the Recreation Center at (323) 584-6218.*

### YOUTH SPORTS LEAGUES

The City of Huntington Park's Youth Sports program is recreational in nature and provides a safe, enjoyable and rewarding opportunity for boys and girls ages 4-17 to engage in physical activity. Youth Sports teach life skills like the importance of teamwork, competing through adversity, responsibility, dedication and commitment. At the end of the day, youth sports is simply about having fun, learning how to compete gracefully, and making new friends.

Program	Ages	Fee	Registration
Little Dribblers	4 - 6	\$65*	12/4/17- 2/24/18
Youth Baseball	4 - 6	\$65*	1/3/18 - 3/3/18
Girls' Basketball	7 - 17	\$65*	1/22/18 - 4/28/18
Little Kickers	4 - 6	\$65*	3/5/18- 5/19/18

\*Fee is \$65 per child before registration deadline for Huntington Park residents and \$70 per child non-resident. There is a \$10 late fee for all registrations after the deadline.

#### Registration Requirements

1. Complete the Activity Registration Form and pay the registration fee
2. Sign the Parent Code of Conduct
3. Provide a copy of the participants' birth certificate
4. Please note that there are no refunds after the second scheduled team practice

### Become a Volunteer Coach!

Interested in sharing the skills of your favorite sport? The City of Huntington Park invites you to become a part of the Parks & Recreation Department by becoming a volunteer coach.

For more information on how to apply, contact the Salt Lake Park Recreation Center at 323-584-6218 or complete a Volunteer Coach Form. Volunteer Coach Forms are available online at [www.hpca.gov](http://www.hpca.gov) or at the Salt Lake Park Recreation Center (3401 E. Florence Ave.).

### DROP IN SPORTS PROGRAMS

The Drop-in programs offers informal play organized by the participants on the field or court—there are no set teams, referees, scores, or standings taken. All drop-in opportunities are geared for both men and women of all experience levels as a means to stay active through sport.

Program	Day	Ages	Time	Fee	Location
Free Play Soccer*	Mon-Fri	All Ages	2pm-4pm	\$0	SLP Artificial Field
Drop-in Volleyball*	Tues.	16+	9pm-12am	\$2	SLP Gym
Drop-in Soccer*	Wed.	All Ages	4pm-10pm	\$3	SLP Artificial Field
Drop-in Basketball*	Thur.	16+	9pm-12am	\$2	SLP Gym
Free Play Soccer*	Fri.	16+	8pm-10pm	\$0	SLP Soccer Square

*\*Drop-in schedules are subject to change. For more information please contact the Recreation Center at (323) 584-6218. SLP (Salt Lake Park)*



### ADULT SPORTS LEAGUES

The City of Huntington Park's Adult Sports programs provide an opportunity for adults to take part in an organized and structured athletic program that facilitate its participants to achieve a sense of personal enjoyment, physical growth and improvement.

Program	League Night	Team Fee	Registration
Men's Softball (Spring)	Tuesday	\$378	1/8—2/7/18
Coed Softball (Spring)	Wednesday	\$378	1/8—2/7/18
Men's Basketball (Spring)	Friday	\$412	1/8—2/7/18

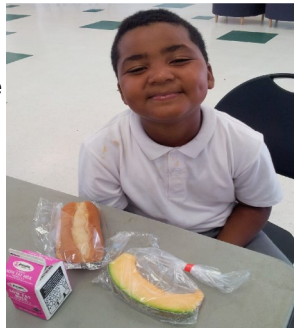
### YOUTH COMMISSION

The City of Huntington Park set ten Youth Commission positions for young individuals determined to make positive changes in their community by voicing the concerns of the community. They serve the commission in order to connect the community with the local government. Additionally, the commission dedicates their time volunteering at events and holidays in order to make it enjoyable for the community. Overall Chair Angel De Santiago, Vice Chair Paulina Ramos, Secretary Nelly Perez, Commissioner Joel Palma, Commissioner Kaitlyn Zesati, Commissioner Karol Gutierrez, Commissioner Carlos Torres, Commissioner Kimberly Guzman and Commissioner Alyssa Rivas care greatly about making positive changes in the community especially for the future generation. The Youth Commission meets the first Monday each month in the Lounge at Salt Lake Park at 4pm. For more information, please contact the Parks and Recreation Center at 323-584-6218 or visit [www.hpca.gov](http://www.hpca.gov).



## THE SPOT AFTER SCHOOL PROGRAM

The After School Program provides a place for school-aged children to be with their friends, with structured activities, supportive adults, and good nutrition. Participants will engage in various activities including: homework assistance, arts & crafts, intramural sports, & more!



**Fee:** FREE

**Ages:** 6 - 12

Robert H. Keller Park 6550 Miles Ave. 2:00 - 5:00 pm Mon - Thur

Freedom Park 3801 E. 61st St. 2:00 - 5:00 pm Mon - Fri

## SENIOR PROGRAM

Join and participate in the Senior Program located at the Huntington Park Community Center (6925 Salt Lake Ave). The Senior Program takes place every Monday, Wednesday and Friday from 9:00am - 4:00pm. Senior activities include dancing, bingo, knitting, karaoke, venturing off on excursion trips, and partaking in recreational activities. For more information please contact the Recreation Center at (323) 584-6218 or visit us at [www.hpca.gov](http://www.hpca.gov).



## FACILITY & ATHLETIC RENTALS

Reservations for banquets, meeting rooms, and athletic facilities are available at multiple sites through the City of Huntington Park. Please contact the Recreation Center at (323) 584-6218 or visit [www.hpca.gov](http://www.hpca.gov) for more information on rentals or to schedule a visit.



## PARK LOCATIONS & HOURS OF OPERATION

<b>Salt Lake Park Recreation Center</b> 3401 E. Florence Ave. (323) 584-6218	Monday - Thursday Saturday Friday and Sunday	8am - 7pm 8am - 2pm Closed
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<b>Raul Perez Park Recreation Office</b> 6208 Alameda St. (323) 584-6363	Monday - Thursday Friday - Sunday	11am - 7pm Closed
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<b>Freedom Park</b> 3801 E. 61st St. (323) 584-6207	Monday - Friday Saturday and Sunday	1pm - 5pm Closed
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<b>Huntington Park Community Center</b> 6925 Salt Lake Ave. (323) 584-6218	Monday, Wednesday, Friday Tuesday and Thursday Saturday and Sunday	9am - 4pm Closed Closed
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<b>Chesley Park</b> 6531 E. Albany St.	Monday - Sunday	Sunrise- Dusk
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## FACILITY PASSES

Facility passes provide access to city fitness facilities at two locations (Salt Lake Park and Raul Perez Park). Facilities include fitness rooms, gymnasium, and lockers. For more details, contact the Recreation Center at (323) 584-6218.

Pass Type	Salt Lake Park	Perez Park
Annual Adult	\$50	\$40
Annual Youth	\$15	\$15
Monthly	\$15	\$15
Daily	\$5	\$5

